NAME: Parker Burns GRADE:4B

**FITNESS**

### Term One Date: ­­­­­­­­24/2/10

Term Four Date:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Task** | **Term 1 Estimate** | **Term 1 Answer** | **Term 4**  **Estimate** | **Term 4**  **Answer** |
| **Height** | 140 cms | 142 cms | cms | cms |
| **Weight (optional)** | 39 kgs | kgs | kgs | kgs |
| **Vertical**  **Jump** | 30 cms | 28 cms | cms | cms |
| **Standing Long Jump** | 135 cms | 145 cms | cms | cms |
| **Sit Reach test (flexibility)** | +10 cms | -0 cms | cms | cms |
| **Beep Test** | 8 (Level) | 7.2 (Level) | (Level) | (Level) |
| **50m Sprint** | 9 secs… | 9.8 secs… | secs… | secs… |
| **Laps of the gym – 80m (4mins)** | 5 | 9 |  |  |
| In one minute I can do… | | | | |
| **Star**  **Jumps** | 50 | 55 |  |  |
| **Burpies** | 20 | 15 |  |  |
| **Lunges** | 37 | 21 |  |  |
| **Skips of**  **the rope** | 66 | 35 |  |  |
| **Push-ups**  **(on knees or full)** | 16 | 20 |  |  |

#### Term 2: I think I can improve upon my

I will do this by

Term : Did I improve upon my selected goals? Why/Why not?